

NOVEMBER/DECEMBER 2023

23USBC13 — HEALTH AND NUTRITION

Time : Three hours

Maximum : 75 marks



SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is balance diet?
2. Explain calorific value of food.
3. How will you classify vitamins?
4. Explain nyctalopia.
5. List any two functions of dietary fat.
6. Compare saturated and unsaturated fatty acids.
7. What are minerals? Give examples.
8. Outline hypocalcemia.
9. What is the role of carbohydrate in our body.
10. Outline SSA.



SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Identify the importance of health care of elderly people.

Or

- (b) Examine the methods for determining the calorific value of food.

12. (a) Organize the functions and deficiency symptoms of folic acid.

Or

- (b) Analyze the sources and functions of vitamin-C.

13. (a) Identify the role of dietary fats.

Or

- (b) What is harmful dietary fat? Explain the consequences.

14. (a) Organize the role of minerals on human health.

Or

- (b) List the sources and biological functions of phosphorous.

15. (a) Construct the role of proteins in health care.

Or

- (b) Inspect the salient features of Special Nutrition Programme.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. What are habitual factors affecting the human health? Explain.
17. Apprise the sources, functions and deficiency of fat-soluble vitamins.
18. Evaluate the sources and functions of lipids in health maintenance of an Individual.
19. Discuss the sources, RDA, functions and deficiency manifestation of Zinc.
20. Elaborate the supplementation programmes and their implications.

